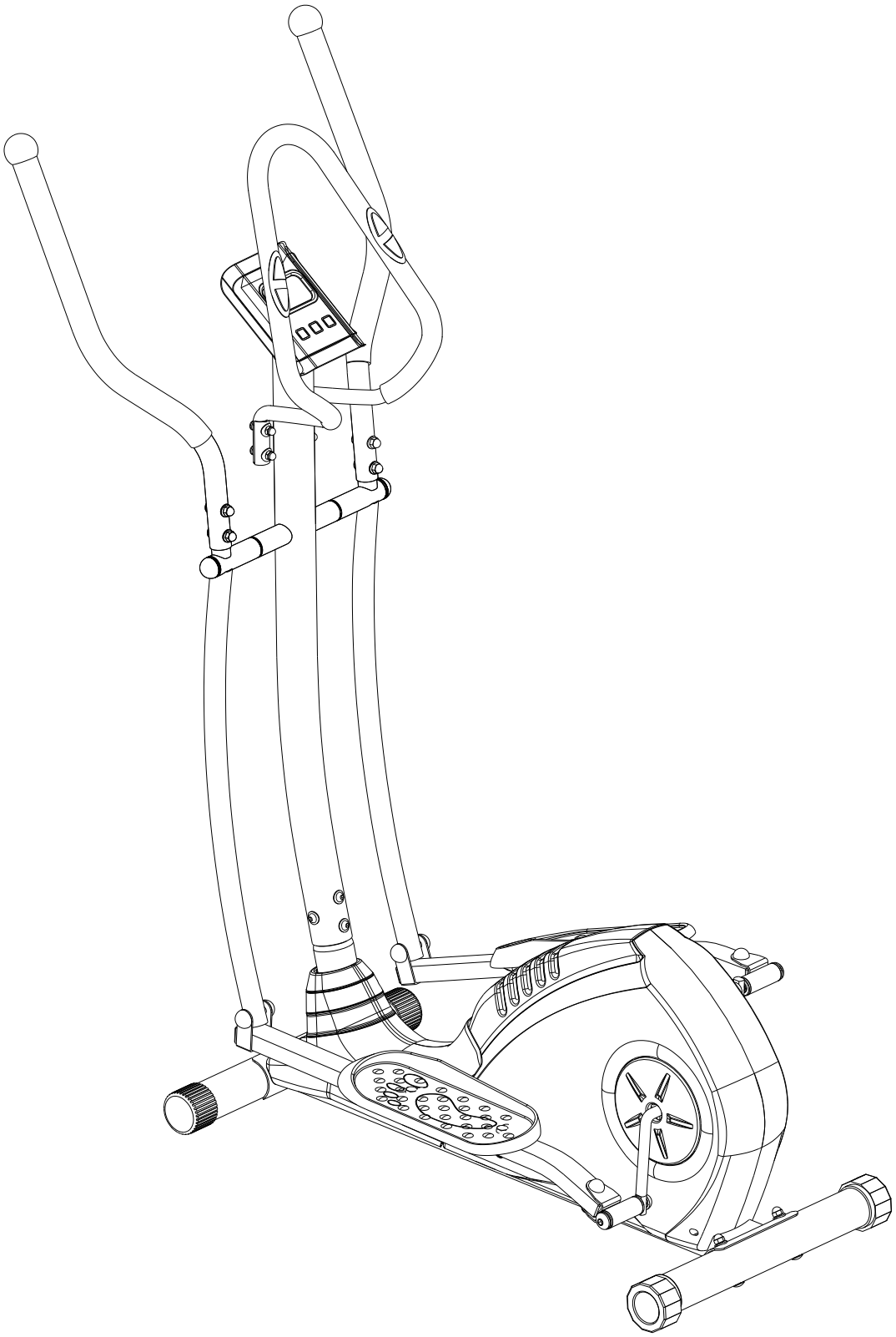
MF CT200 YK-CT0801B-P
CROSS TRAINER
OWNER'S MANUAL



IMPORTANT!

PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE !

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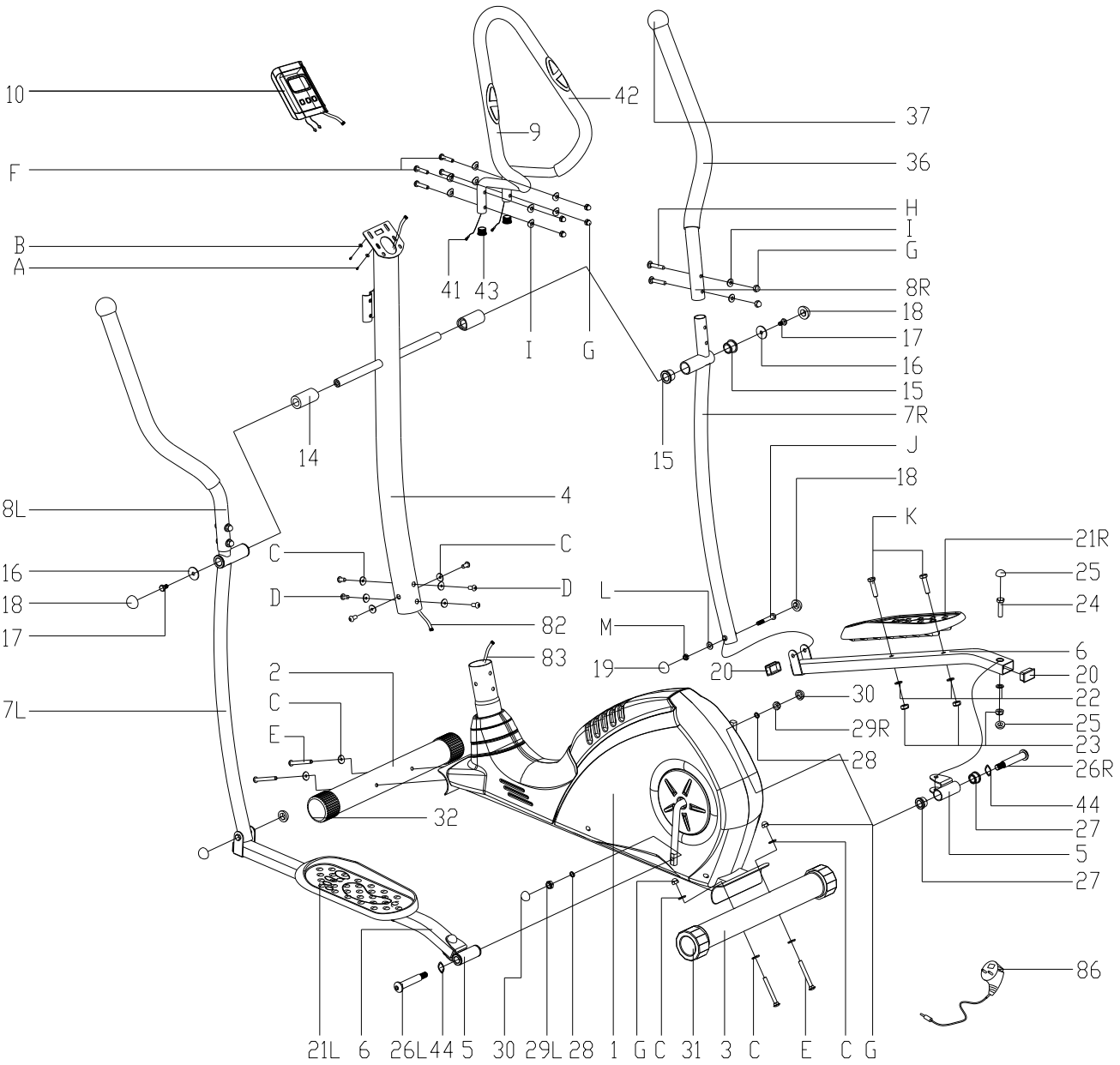
PRECAUTIONS

WARNING： To reduce the risk of serious injury read the following important precautions before using the cross trainer.

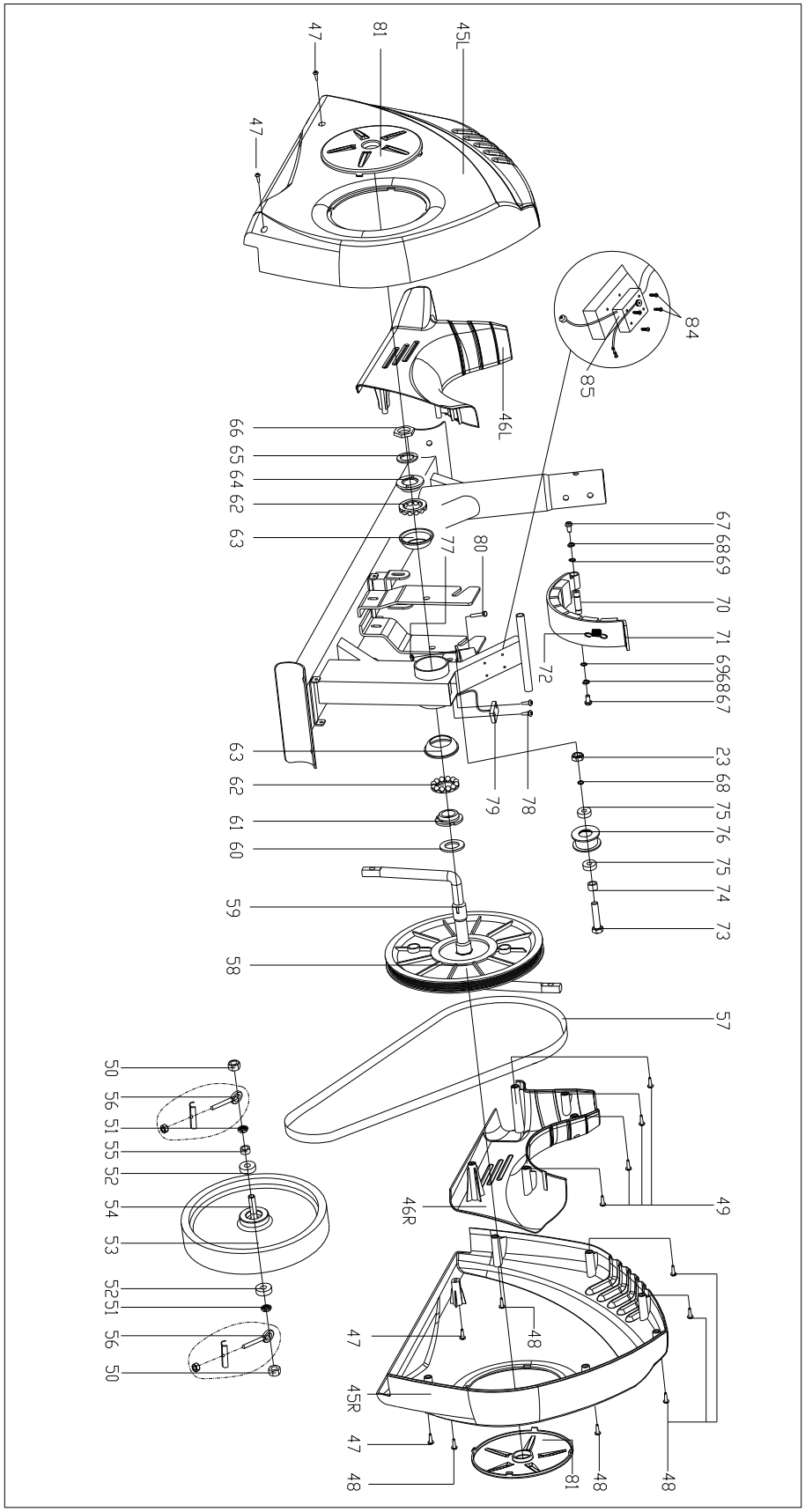
1. Read all instructions in this instruction book before using the exercise bike Use the exercise bike only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions,
3. Use the exercise bike indoors on a level surface. Keep the exercise bike away form excessive moisture and dust,
4. The safety level of the exercise bike can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the cross trainer.
5. Keep unsupervised children away from the cross trainer at all times.
6. The cross trainer should not be used by persons weighing more than 120 kg.
7. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jeweler that may get caught in moving parts.
8. Do not arch your back when using the cross trainer always try to keep your back straight.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The exercise bike is intended for home use down.
11. The exercise bike is not intended for therapeutic purposes.

WARNING: Before beginning this or and exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the cross trainer.

EXPLODE-VIEW:



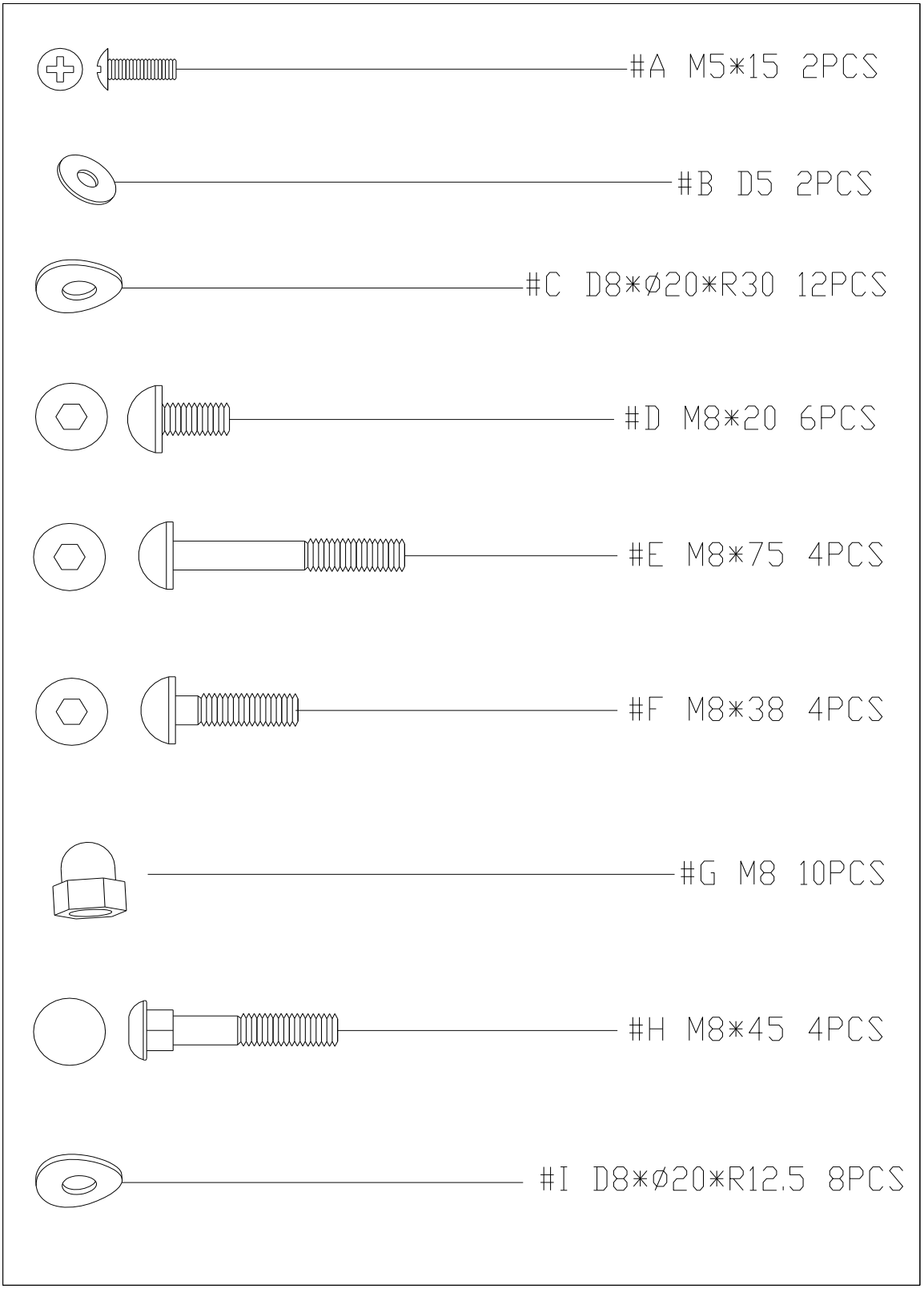
INNER EXPLODE-VIEW:

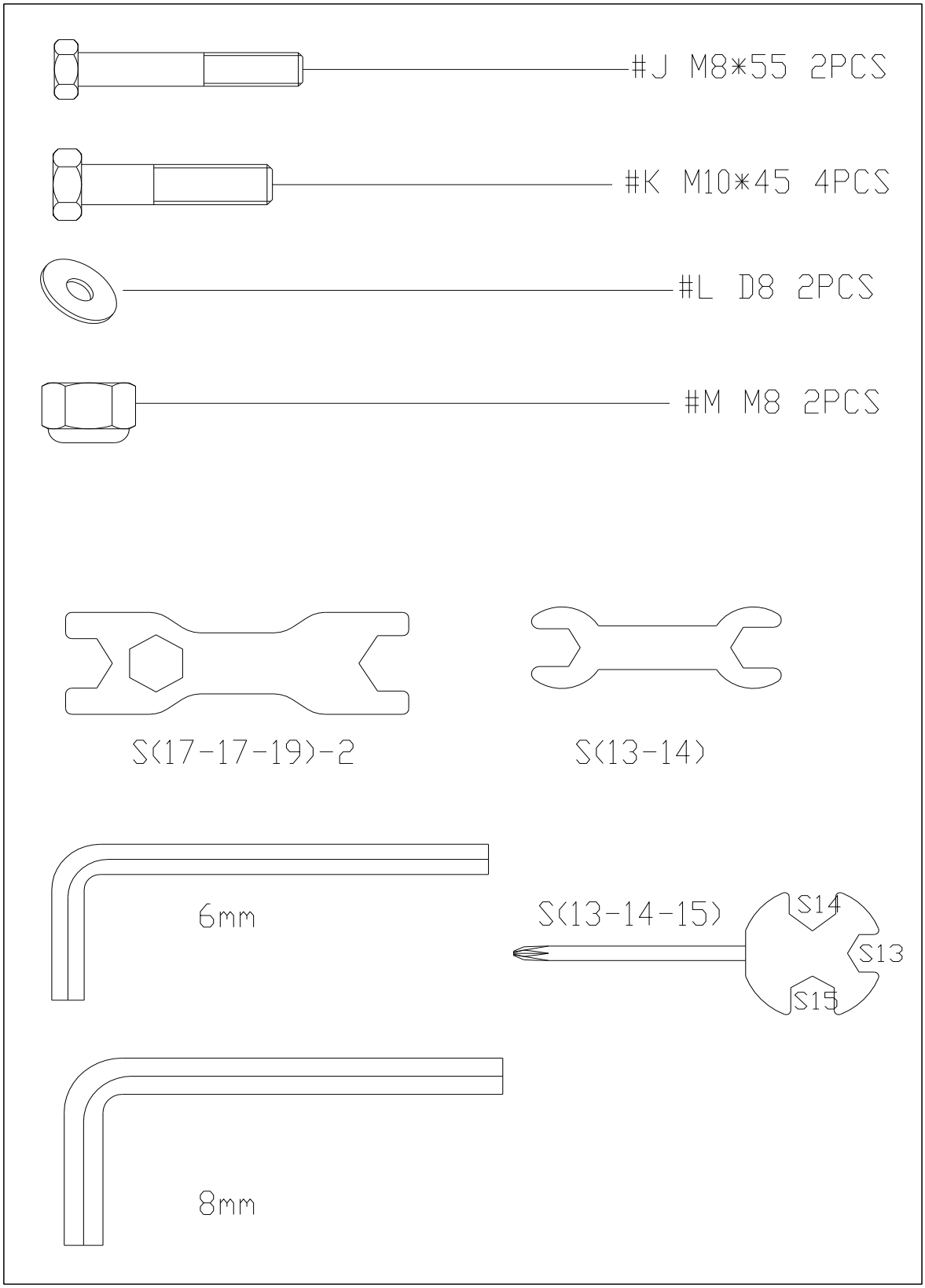


PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
A	Cross pan head screw M5x15	2			
B	Washer D5	2			
C	Arc-washer D8xΦ20xR30	12			
D	Inner hexagonal bolt M8x20	6	41	Handle pulse wire	2
E	Inner hexagonal bolt M8x75	4	42	Handrail foam	1
F	Square neck bolt M8×38	4	43	Cap	2
G	Dome nut M8	10	44	Waving washer	2
H	Square neck bolt M8×45	4	45(L/R)	Chain Cover	1 pair
I	Arc-washer D8xΦ20xR12.5	8	46(L/R)	Front cover	1 pair
J	Hexagonal bolt M8x55	2	47	Cross pan head self-tapping screw	4
K	Hexagonal bolt M10x45	4	48	Cross pan head self-tapping screw	7
L	Washer D8	2	49	Cross pan head self-tapping screw	4
M	Nylon nut M8	2	50	Hexagonal nut M10	2
1	Main frame	1	51	Cone thin nut M10	2
2	Front bottom tube	1	52	Bearing 6000Z	2
3	Rear bottom tube	1	53	Fly wheel	1
4	Handlebar post	1	54	Fly wheel axle	1
5	Rod joint	2	55	Cone bushing	1
6	Pedal rod	2	56	Chain adjuster	2
7(L/R)	Swing rod	1 pair	57	Belt	1
8L/R	Handle bar	1 pair	58	Belt wheel	1
9	Handrail	1	59	Crank	1
10	Display	1	60	Washer	1
11			61	Tri-groove nut	1
12			62	Ball rack	2
13			63	Bowl seat	2
14	Bushing	2	64	nut	1
15	Axle bushing（1）	4	65	Loose-proofed nut	1
16	Washer	2	66	nut	1
17	Hexagonal bolt	2	67	Inner hexagonal bolt M6x15	2
18	Sphere cap	2	68	Spring washer D6	3
19	Sphere cap	4	69	Clip spring	2
20	Square cap	4	70	Magnetic board axle	1
21(L/R)	Pedal	1 pair	71	Magnetic board	1
22	Washer	8	72	Magnetic board pull spring	1
23	Nylon nut	7	73	Hexagonal bolt	1
24	Hexagonal bolt	2	74	Bushing	1
25	Sphere cap	4	75	Bearing	2
26(L/R)	Crank bolt	1 pair	76	Inertial wheel	1
27	Axle bushing（2）	4	77	Nylon nut	2
28	Spring washer	2	78	Cross head self-tapping screw	2
29(L/R)	Nylon nut	1 pair	79	Sensor	1
30	Sphere cap	2	80	Hexagonal bolt	1
31	Rear cap	2	81	Disk cover	2
32	Front cap	1 pair	82	Motor trunk wire	1
			83	Motor wire	1
			84	Cross pan head self-tapping screw	4
			85	Motor device	1
36	Foam	2	86	Adapter	1
37	Cap	2			

ASSEMBLY TOOLS:

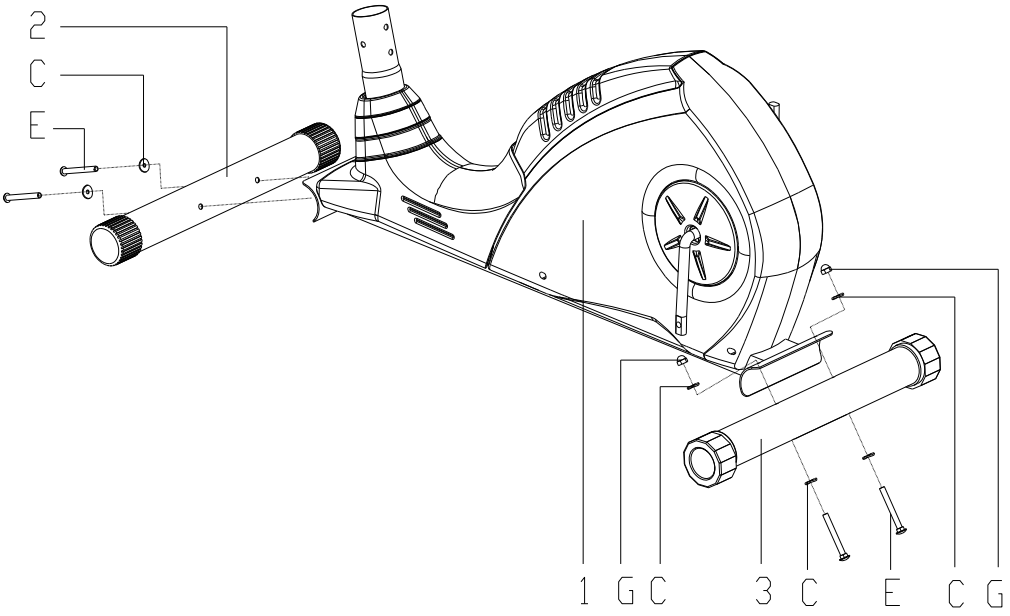



#J M8*55 2PCS
#K M10*45 4PCS
#L D8 2PCS
#M M8 2PCS
S(17-17-19)-2
S(13-14)
6mm
S(13-14-15)
S14
S13
S15
8mm

ASSEMBLY STEPS

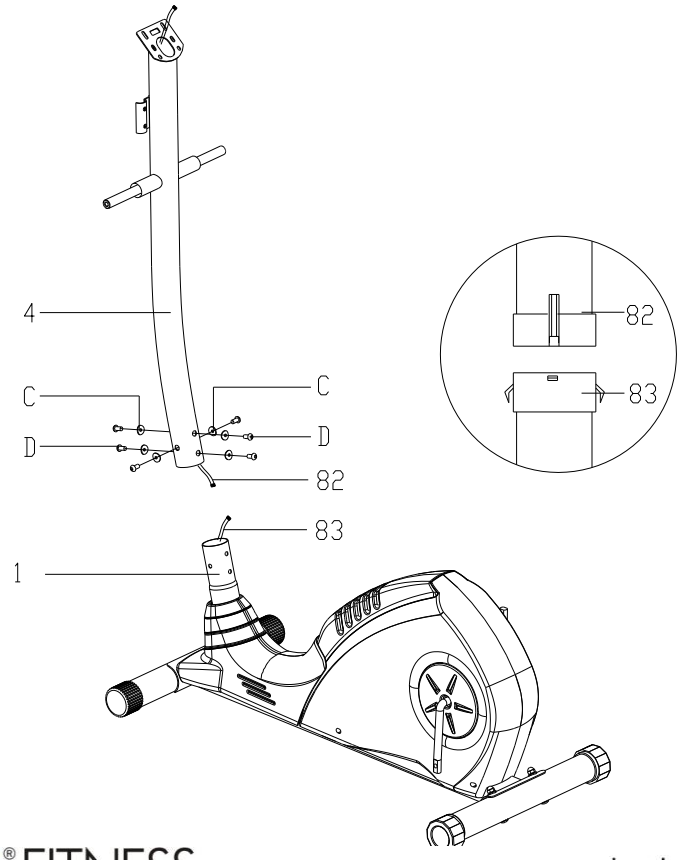
STEP 1

Attach the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with Arc-washer (C), Dome nut M8 (G) and Inner hexagonal pan head bolt M8x75 (E).



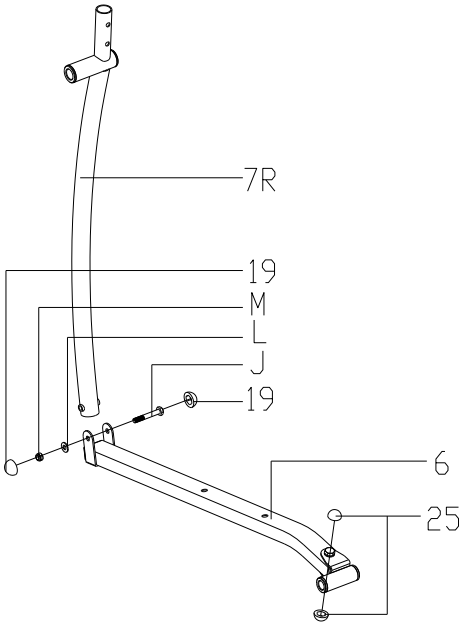
STEP 2

1. Connect Motor trunk wire (82) with Motor wire (83) as drawing below.
2. Fix the Handlebar post (4) to the Main frame (1) with Inner hexagonal bolt M8x20 (D) and Arc-washer C).



STEP 3

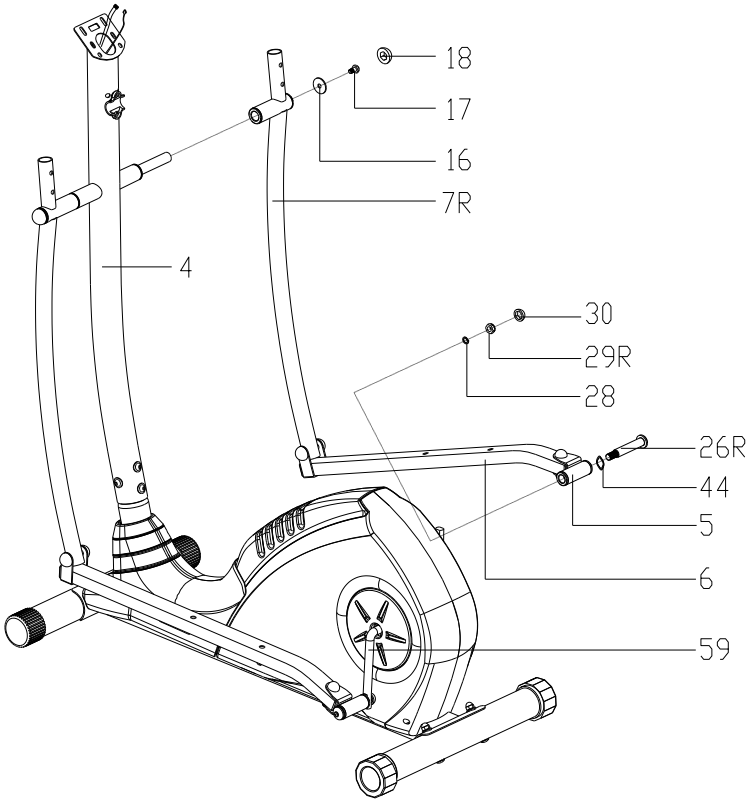
1. Fix the Swing rod (7L/R) to Pedal rod (6L/R) separately, and lock them with Hexagonal bolt M8x55 (J), Washer D8 (L) and Nylon nut M8 (M).
2. Press Sphere cap (19) and Sphere cap (25) onto suitable places as drawing below.



STEP 4

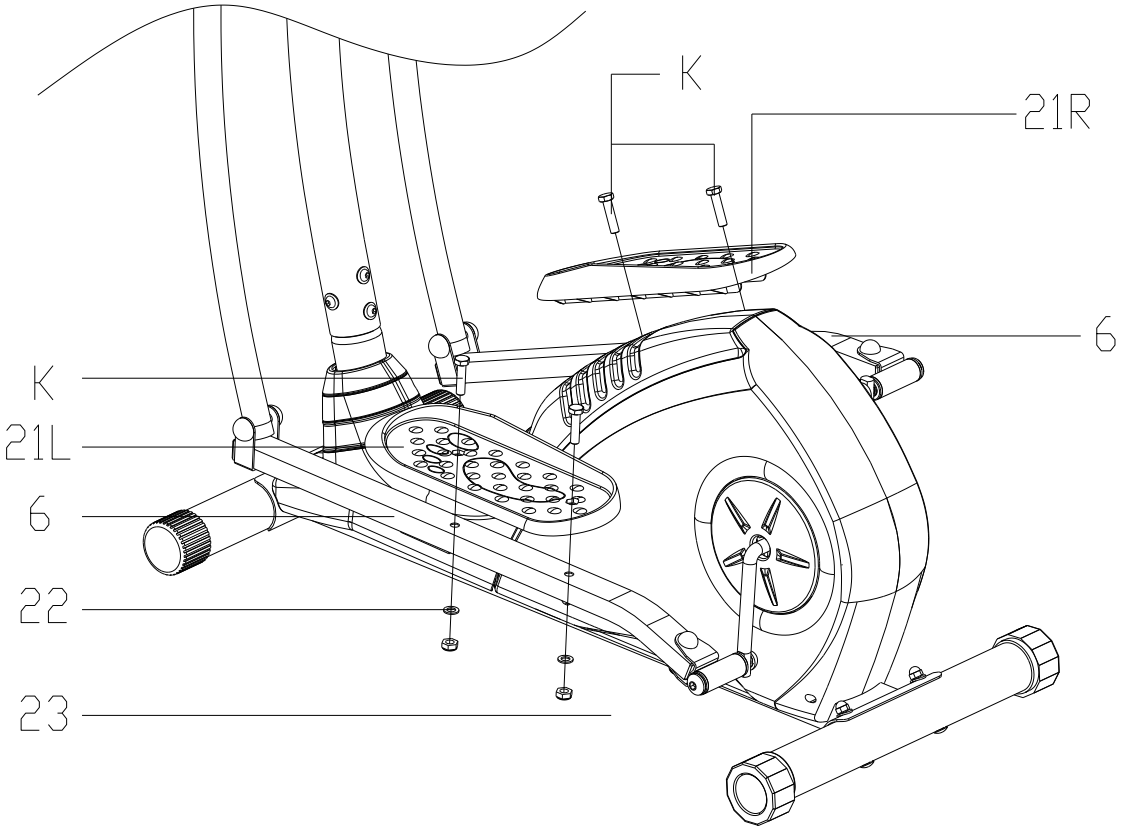
1. Lock the Swing rod (7R)) onto the axle of Handlebar post (4) with Hexagon bolt (17) and Washer (16).
2. Lock the Rod joint (5) onto the Crank (59) with Crank bolt (26R), Spring washer (28) and Nylon nut (29R).
3. Press the Sphere cap (18) and Sphere cap (30) onto suitable place as drawing below.
4. Do the same as above to fix the Swing rod (7L) to the axle of Handlebar post (4) and Crank (59.

ATTENTION: There are labels “L” and “R” on the left and right pedals. You should assemble the left pedal in anti-clockwise direction while the right pedal in clockwise direction.



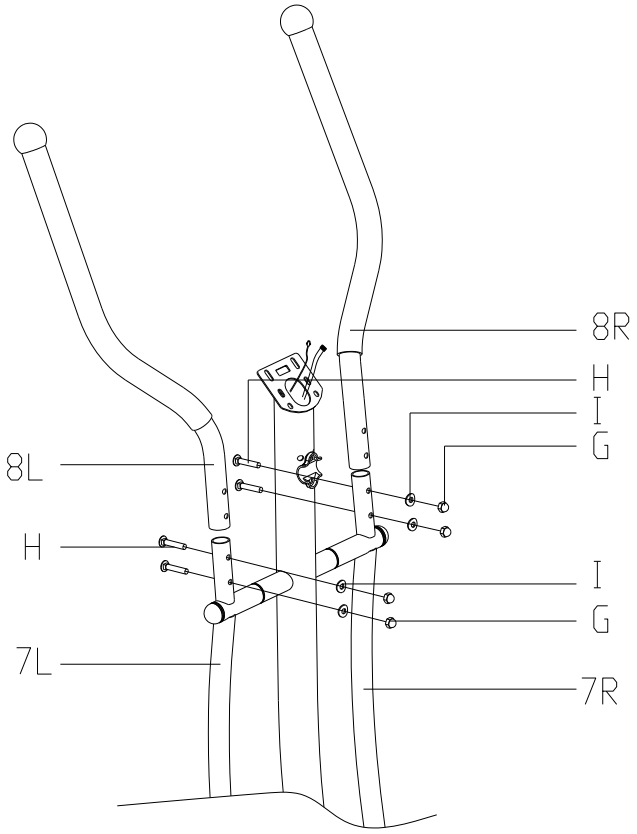
STEP 5

Lock the Pedal (21L/R) to the Pedal rod (6L/R) separately with Hexagon bolt M10x45 (K), Washer (22) and Nylon nut (23).



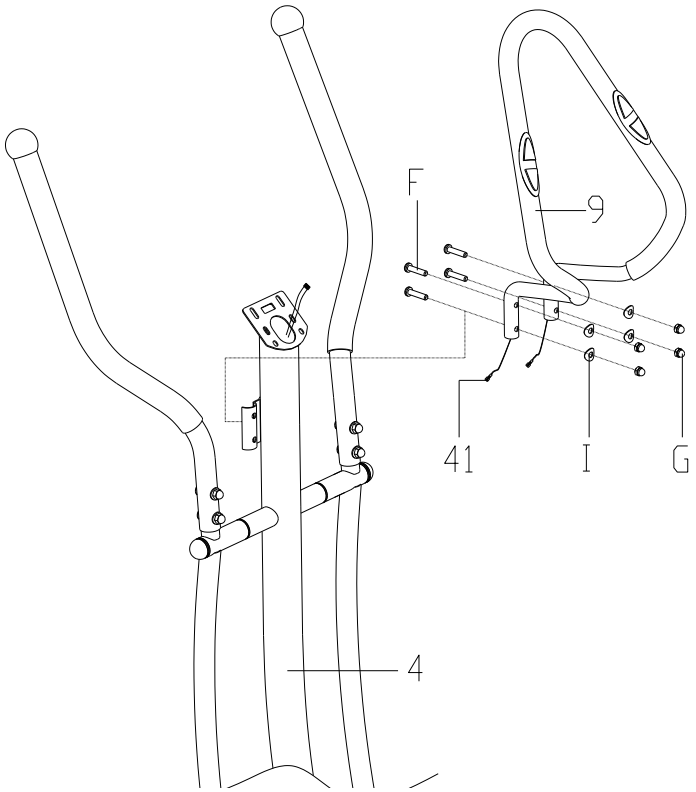
STEP 6

Lock the Handlebar (8L/R) to the Pedal rod (7L/R) separately with Square neck bolt M8x45 (H), Arc-washer D8xΦ20xR12.5 (I) and Dome nut M8 (G).



STEP 7

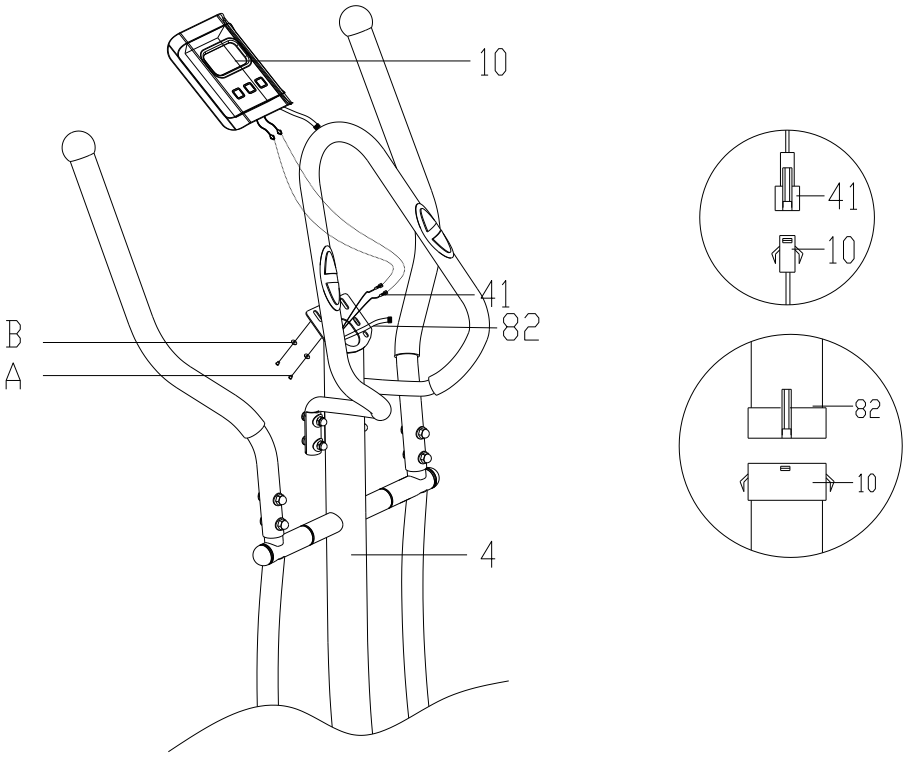
Fix the Handrail (9) to the Handlebar post (4) with Inner hexagon pan head screw (F), arc-washer (I) and Dome nut (G).



STEP 8

Connect the Handle pulse wire (41), Motor trunk wire (82) and wire of Display (10) correctly.

Attach the Display (10) to the display support on the Handlebar post (4), and fasten it with Washer D5 (B) and Cross pan head screw M5x15 (A).



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential of successful results.

WARNING: **Before beginning this or and exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems.**

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

TARGET HEART RATE

	TRAINING ZONE
AGE	MIN-MAX (BPM)

20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the cross trainer.

BEGINNERS GUIDE

If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- If you are over 35 and no not currently exercise,
- You are pregnant.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

WORK-OUT TIPS

- Always perform stretching exercises both before and after your work-out see page 9.

- Start slowly; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

- Start with two or three 15 minute sessions per week with a rest day between work-outs.

- Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out. Seated cycling works mainly the quadriceps (thing) and hamstrings.

- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work –out with a 5-minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.

- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session,

- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on the previous page will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the cross trainer.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking a sweat, speed it up!

STRETCHING GUIDE

TIPS FOR STRETCHING

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.

- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.

- Start with your legs, and work up the body.

- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.

- Do not stretch until it hurts. If there's any pain, ease off.

- Don't bounce. Stretching should be gradual and relaxed.

- Don't hold your breath during a stretch.

- Stretch after exercising to prevent muscles from tightening up.

- Stretch at least three times a week to maintain flexibility.

CALF STRETCH

- Stand with one leg in front of the other, both feet facing forwards and the front leg bent (the knee should be above the ankle).
- Press the heel of the back leg into the floor until you begin to feel the calf muscle in the back of the rear leg starting to stretch.

Note: Keep your back and rear leg straight when performing this stretch.

- Side the rear leg backwards to increase this stretch if required.

HAMSTRING STRETCH

- Sit with one leg extended. Bring the other leg towards you and rest the sole of that foot onto the inner thigh of the extended leg.
- Keeping your shoulders square, reach forward towards your toes as far as possible, hold for the required count and then relax.

Note: Keep your back and rear leg straight when performing this stretch.

QUADRICEPS STRETCH

- With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for the required count and then relax.

INNER THIGH STRETCH

- Sit with the soles of your feet together and your knees outward.
  Pull your feet toward your groin area as far as possible. Hold for the required count and then relax.

TOE TOUTH STRETCH

- Stand with your knees bent slightly and slowly bend forward from your hips.

- Allow your back and shoulders to relax as you reach down toward your toes, stretch as far as possible. Hold for the required count, the slowly return to the upright position and relax.

GLUTS (BUTTOCKS) STRETCH

- Sit up with your right leg stretched outwards; place your left foot over your right leg at the knee joint, placing your foot flat on the floor.
- Use your right arm to pull the bent knee across your body until you begin to feel a stretch in the left buttock. Hold for the requited count and then relax.
- Repeat using the opposite arms and legs.

LOWER BACK

- Lie on your back with your knees bent.
- Keeping your upper back firmly on the floor, allow your knees to fall to one side, your lower back will rotate naturally. Hold for the required count and relax.
- Repeat on the other side.

Note: If any pain is felt avoid this stretch.

UPPER ABDOMINALS STRETH

- Lie on your stomach with your forearms flat on the floor palms facing down.
- Try to lift your head upwards while looking forwards at all times, taking the weight onto your forearms and allowing your hips to relax into the floor. Hold for the required count and then relax.

UPPER BACK

- Start off on all fours looking down towards the floor.
- Push your shoulders as high as possible; imagine a wire placed between your shoulder blades lifting you. Hold for the required count, and then relax.

Note: This stretch is sometimes called the cat stretch.

CHEST STRETCH

- Stand up and place both hand on the small of your back (just above your backside).
- Keeping your hands where they are, slowly push your elbows together, and push your chest outwards.

Note: This stretch is sometimes called the cat stretch.

- Hold for the required count, and then relax.

DELTOIDS SHOULDER STRETCH

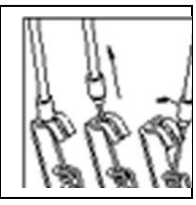
- Stand up and place one arm across the front of the body.
- Use the other arm to push the outstretched arm into your chest.

Note: Push at the point just above the elbow.

- Try to keep the arm straight and breathe normally. Hold for the required count and then relax.

ALL OVER STRETH

- Stand with your feet shoulder width apart and your knees slightly bent.
- Place your hands above your head with your thumbs touching. Reach up evenly as high as possible, and hold for the required count and then relax.



SPECIFICATIONS

Dimensions (L x W x H)	1210x730x1550mm
Class Rating	HC
Maximum User Weight	120kg

Please note that the specifications are subject to change without notice.